

The Anvil A Quarterly Publication of the St. Paul AME Church Lay Organization – 3rd Quarter 2021

Moving from Church to Ministry -"...for the people worked with all their heart." – Nehemiah 4:6



- Message from our 1st. Lady, Mrs. Hodges
 - Season's Thoughts from Lay President
- Message from Sis. P. Motley, Women's Ministry

<u>YPD</u>

- <u>Upcoming</u>
- Bible Knowledge Activity
 - Featured Recipe
 - Preparedness Pop-Up!
- St. Paul AME Church, Raleigh, NC <u>www.stpaulamechurchraleighnc.org</u>
- St. Paul AME on Facebook <u>www.facebook.com/stpaulamearaleigh/</u> for video sermons
 - Western North Carolina Lay Organization <u>http://wncclay.org/</u>

The Anvil is published February, May, August, November Send content in MS-Word, or images files in .jpg or .png

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Message from our First Lady, Sis. Delores Hodges

Guard Your Heart

When I say that what comes to your mind? Do you mindfully think of hardening your heart or surrounding your physical heart with a bullet proof vest? That's not what is meant by guarding your heart.

The heart is the center of the emotions. We feel love, understanding, happiness and sorrow. We must learn to listen to the heart. The Bible teaches us to" keep thy heart with all diligence; for out of it are the issues of life" Prov.

4:23. There should be a fire in our heart that influences us deeply. To guard our hearts, we



Reverend and Mirs. Hodges

must avoid negative emotions. We must express our emotions and pray. Empty out your heart to God, telling him things that you can't tell another human no matter how close.

You can tell Jesus all.

Sister Delores Hodges



Message from St. Paul AME Lay President Carol Davenport

Greetings, in the Name of Him who loves us best, Jesus The Christ:

As I thought about what I wanted to say in this greeting, three words came to mind, **LOVE, FAITH,** and fear. As Christians we know that our relationship with God is based on the virtues of **LOVE and FAITH.** But these days, it seems we are finding plenty of reasons to Fear. Just a few months ago, I was enthusiastic and looking forward to returning to some form of

normalcy in my life. I had received my Covid-19 vaccine and thought this pandemic was on its way out. But then, the new variant raised its ugly head and still many are refusing to take the vaccine or even wear a mask. Now, the pandemic is worse than ever.

There are two paths we can walk: faith or fear. I opt to walk in faith. I know my Savior loves me and wants the best for me; I should have no fear in my life. I cannot trust God and not trust God at the same time. Satan knows if he gets me to start wavering in my trust and faith in God, he has a chance to win my mind.

Instead of, there's an app for that, I want to leave you with, "there's a scripture for that".

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand". Isaiah 41:10

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:7

Saint Paul AME Church Family and Friends, please take care of yourself, be safe and know that our Heavenly Father understands our pain, fear, and doubt. He is always there to encourage our hearts and help us understand that He's sufficient for all of our needs.

Blessings and Love to you, Carol Davenport, Lay President

Lay Organization News

The St. Paul AME Lay Organization, of Raleigh, NC, is comprised of the laity (non-clergy) of the church. It operates on all levels of the church: local church, conference, district, and connectional levels. The local activities include A.M.E. training at monthly meetings, coordinating the local effort for <u>AME-V Alert</u>, which includes A.M.E Public Service Announcements, and sponsoring Voter Education Webinars.

THE LAY ORGANIZATION MONTHLY MEETINGS have resumed! 1st Mondays at 6:30 P.M.

Via St. Paul's Zoom Room <u>www.zoom.us</u> or call 929-205-6099 ID: 9199190001 Access: 518051 Annual Dues are \$20.

St. Paul AME Women's Ministry



Women's Ministry will start back on October 7th virtually and continue every 1st and 3rd Thursday. We have found that women need relationship builders to compliment life's many paths. With all the roles YOU cover such as Mom, Sister, Boss, Taxi, Teacher, and Wife to name a few; the bible has provided many witnesses for us to glean examples to follow. Our weekly Thursday sessions are designed to provide the affirmation and connection Sisters need today through Bible scriptures, open worship, and relationship building discussions /activities.

Hope to see you there so you can experience the life of these wise women thru a 2021 lens. If you have any questions or would like to join the Women's Ministry team, just contact the church office, or feel free to email me at SistertoSisterJASA@gmail.com

Sis. Paulette Motley, Women's Ministry Leader

YPD

"Growing, Glowing and Going for Christ"

The YPD performs community service at the Food Bank and delivers food to Seniors. They meet on the second Saturday of each month at 11:00 a.m. Upcoming youth training programs and opportunities for leadership experiences will be announced. Please contact

Mrs. Lola Houston Hager, YPD Director for more information. She can be reached at 704.305.9101 or by email at lyhousto@yahoo.com

St. Paul AME YPD young people make a difference in their community, at the St. Paul AME Empowerment Center.







Visit our <u>Community Billboard</u> often for updates on St. Paul AME events and other event of community interest.



Recent Events

174th Church Anniversary Fish Fry and Crab Boil was a success! Many thanks to all who supported this event.









Upcoming Events

• August 25th Wednesday, 6pm - Presiding Elder's First Quarterly Conference Zoom 9199190001, Access 518051



BIBLE Knowledge contributed by Cecilia Johnson.

ABRAHAM...GOD'S SOJOURNER

- 1. What was Abraham's name before God changed it?
- 2. Abraham's father was named_____?
- 3. Abraham and Sarah migrated from Ur in southern Mesopotamia to what place in Canaan?
- 4. Abraham obeyed God's call to leave Haran for a "land_____."
- 5. What was the covenant that God made with Abraham as he was leaving Haran?
- 6. Why did Abraham and his family change course and go south into Egypt?
- 7. Why did Abraham say he misrepresented Sarah as his sister to Pharaoh?
- 8. Where did Lot choose to live when he and Abraham separated?
- 9. Abraham begged God to spare what city for the benefit of fifty righteous persons living there?
- 10. What substitute sacrifice did God provide when Abraham was told to harm Isaac?

Answers on last page

<u>Recipe</u>



Southwestern Beef Stew with Squash and Beans (condensed from FineCooking.com)

With food prices increasing, casseroles and stews with all food groups are a great value. Squash is now is now in season. Many of the other ingredients may already be in your fridge or pantry!

- 3 lb. boneless beef chuck
- Kosher salt and freshly ground black pepper (optional)
- 3 Tbs. olive or vegetable oil; more as needed
- 2 large or 3 medium onions, diced
- 3 large cloves garlic, minced (about 1 Tbs.)
- 1/4 cup chili powder
- 2 tsp. ground cumin
- 1 tsp. dried oregano
- 3 Tbs. all-purpose flour
- 1 14-1/2-oz. can diced tomatoes
- 1 cup dry white wine (optional)
- 2 cups coarsely chopped yellow squash (cut into bite-size chunks)
- 2 cups coarsely chopped red and green bell pepper (core, seed, and cut into bite-size pieces)
- 1 cup canned pinto beans, drained, and rinsed
- 2 to 3 Tbs. coarsely chopped fresh cilantro, for garnish (optional)

Sear the beef in a stew pot with oil. Remove the beef and set aside. Reduce the heat to medium and add the onions and garlic to the empty pot, adding another 1 Tbs. oil if the pan is dry. Cook, stirring frequently, until soft, about 5 minutes. Add the chili powder, cumin, and oregano, and continue to cook, stirring, until fragrant, 30 seconds to a minute. Season with salt and pepper. Stir in the flour and then the tomatoes with their juices, the white wine (optional), and 1 cup water. Return the beef and any accumulated juices back into the pot. Turn the burner to medium high until you hear the juices bubble. Put the pot in the oven and cook for 1 hour and 15 minutes. Sauté the squash and red and green bell pepper in a skillet until just tender and lightly browned. Remove stew pot from oven and add vegetables. Let stand about 15 minutes. Serve and enjoy



Parents & Youth

Be sure to check out our <u>Scholarships & Internships</u> page on the St. Paul AME Website for opportunities for students and graduates.

Preparedness Pop Up!



National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The 2021 theme is "Prepare to Protect. Preparing for disasters is protecting everyone you love."

In particular, the week of September 19-25, 2021, focuses on Youth Preparedness. Families can begin to emphasize the importance of youth self-preparedness as a day-to-day habit, rather than a behavior called upon during an at-risk event. Young people can learn that regular self-preparedness not only results in better personal and family safety outcomes but can increase confidence and readiness for opportunities in many areas of their daily lives, such as school, sports, and community involvement.

Use this week to involve your children in making or updating your family safety plan for the 2021-2022 year! Visit <u>https://www.ready.gov/kids</u> for youth activity resources.

Remember! "Live by faith, for today. Prepare, by faith, for tomorrow." - Pam Kelly

Bible Knowledge Answers

- 1. Abram (Genesis 17:5)
- 2. Terah (Genesis 11:27)
- 3. Haran (Genesis 11:31)
- 4. "That I will shew thee." (Genesis 12:1)
- 5. I will make of thee a great nation, and I will bless thee." (Genesis 12:2)
- 6. Famine was in the land (Genesis 12:10)
- 7. He feared being killed. (Genesis 12:12)
- 8. The plain of Jordan. (Genesis (13:11-12)
- 9. Sodom (Genesis 18:23-26)
- 10. A ram in the thicket. (Genesis (22:12-13)

Stay safe, well, and blessed! Our next issue is in November 2021